

## ABSTRACT

A controlled caffeine delivery system in a single serving sachet made of a rupturable material, characterized in that the sachet provides a high-caffeinated soluble coffee beverage powder. This beverage powder comprises (a) conventional caffeine-containing coffee solids, and (b) additional caffeine containing solids from a natural source other than (a) in an amount sufficient to improve palatability if a beverage prepared by adding water to the powder. Thus, a beverage can be prepared that contains at least 80 to no more than 115 mg caffeine such that consumption of a single serving of the beverage by a person provides a plasma caffeine level in the person that is above 1.25 mg/l for at least 2 to 4 hours following consumption of the beverage.